



WE TAMED THE MAMMOTH

A crew at the Canadian Museum of Nature relocates a woolly mammoth sculpture Monday. The sculptures, created in 1987, were modelled after real specimens. SEAN KILPATRICK/THE CANADIAN PRESS

You got it all wrong, Oliver

TOURISM

Ottawa tourism official defends city from HBO comedian's dig



Haley Ritchie
Metro | Ottawa

The agency that promotes Ottawa as a tourism destination says HBO's John Oliver was way off the mark when the comedian mocked the city for being dull and unromantic.

Ottawa Tourism spokeswoman Jantine Van Kregten says local lovebirds know the nation's capital is a lot sexier than the Last Week Tonight host would have his viewers believe.

"When you have hotels like the Chateau Laurier that look like a castle, you can stroll along the Rideau Canal, go for dinner at the Cordon Bleu — those are all very romantic things to do," she said.

"There's just so much more to the city than the stereotype would suggest."

Oliver skewered Ottawa on his show Sunday night over the apparent popularity of the cheating website

Ashley Madison in the city.

The site — which was hacked last week — claimed in 2013 to have nearly 190,000 users in Ottawa. Put another way, that would mean about one in every five people in the city is on Ashley Madison.

"You cannot let this skeezy website destroy your marriages," Oliver said on his show, imploring Ottawa's city councillors to "fight back" before launching into a mock tourism ad.

"Ottawa is a depressing, frigid s-hole and always has been," the voiceover says, calling it a place where you can "watch your life float by like so much dirty river ice."

The site's users have been left wondering if and when the hackers will expose their alleged extramarital predilections for the world to see. The hackers have already leaked the names of two people — a man from Massachusetts and another from Mississauga, Ont.

Despite the focus on Ottawa's purported number of Ashley Madison users, Van Kregten says it's nice to see the city getting some attention. But the HBO host might want to update his material and ditch the dorky slogans from 1960s and 1990s, she said.

"At least they're talking about us," Van Kregten said.

"This specific issue is obviously not our first choice as a tourism agency but we've had some other great coverage this year," she said.

"To be honest I don't think it would affect tourism."



John Oliver
GETTY IMAGES

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Meet the elevator that traps public servants

ST. ANDREW'S TOWER
Eleven stuck in Elevator 2 since January of last year



Every workplace has its share of ups and downs, but workers in one building in downtown Ottawa have to deal with the frustration of being neither up nor down.

Pity the poor public servants who work in the Justice Department headquarters on Sparks Street. Newly released documents show one of the elevators in their building has trapped occupants more often than any other lift in a government building in the nation's capital.

Metro obtained copies of reports that detail each time an elevator has broken down in a building owned or operated in the National Capital Region under the Access to Information Act.

There were a total of 106 reports of people getting stuck in elevators since January 2014. The average length of time people were trapped was 25 minutes.

Eleven of those were in a single elevator: Elevator 2 at St. Andrew's Tower at 275 Sparks St.

That elevator also trapped people for the longest amount of time. The average length of time occupants were stuck in that elevator was 42 minutes — although on five occasions, the entrapments were an hour or more.

The reports show the early part of 2014 was a rough time for Elevator 2. It trapped people six times in January and February alone, and there was another incident in March. Many of those were caused by the elevator overshooting its destination.

None of the 106 incidents required medical attention for people who were stuck.



One of the elevators in St. Andrew's Tower at 275 Sparks St., the Justice Department headquarters, has trapped people 11 times in the span of just over a year, more than any other elevator in Ottawa's federal government-owned buildings.

MICHAEL WOODS/METRO

And there hasn't been an incident since January of this year, perhaps suggesting any problems may have been fixed.

Public Works and Government Services Canada has yet to respond to a request for

comment. Building management denied Metro permission to photograph the elevator on Monday, and commissionaires on site declined to comment.

Overall, among federal government-owned buildings,

St. Andrew's Tower was the lead offender, with 15 entrapments among its four elevators. Next was the adjacent East Memorial Building on Wellington Street, with 10 entrapments.

Three buildings had eight

entrapments each: the Sir William Logan Building on Booth Street, the C.D. Howe Building at 235 Queen St., and the Sir Charles Tupper Building at Riverside Drive and Heron Road.

It's unclear how compre-

CAPTURED

Four bad elevator experiences

Tight quarters: Thirteen employees of the Pest Management Regulatory Agency spent 35 minutes trapped in an elevator at the Sir Charles Tupper building on Riverside Drive at Heron Road on Feb. 11, 2015. It must have been crammed, but no medical attention was required when everyone got out. The cause was the control system motor overload tripped.

Carry the 10: Ten Statistics Canada employees were stuck in an elevator at the R.H. Coats Building at Tunney's Pasture for 33 minutes. Again, no medical attention was required. The cause of the Jan. 17, 2014 incident was a misaligned pit switch.

That's a long time: In the longest incident of someone trapped in an elevator, a contractor spent an hour and 20 minutes stuck in elevator 2 at St. Andrew's Tower on Jan. 18, 2014.

Nickel for your thoughts: In one of the stranger causes of an elevator malfunctioning, someone was trapped in an elevator for nearly an hour at 1 Sandridge Rd., the site of the Canadian Police Academy. The reason, the inspection report says: "A nickel was found lodged in the elevator track, which caused the entrapment." No word on whether the trapped person got to keep the five cents.

MICHAEL WOODS/METRO

hensive the records are. Some federal government buildings did not have any inspection reports. And there were gaps in time, with some months not returning any incidents reports.

The incidents don't often cost anything and are usually part of an elevator maintenance contract. But they do cost time and productivity for employees.

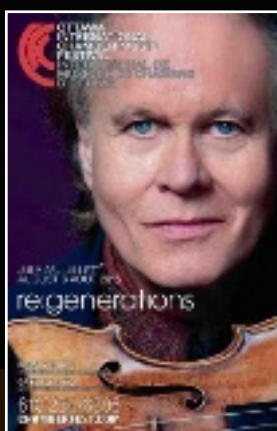


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Flanked by councillors and Employment Minister Pierre Poilievre at Bayview O-Train station Monday, Ottawa-Orléans MP Royal Galipeau announces the federal government will fund Phase 2 of Ottawa's LRT project up to \$1 billion. MICHAEL WOODS/METRO

\$1B LRT pledge official

TRANSIT

Cash covers one-third cost of light rail's second phase

Michael Woods
Metro | Ottawa

The federal government officially announced Monday it would cover up to \$1 billion of the second phase of Ottawa's light rail transit project, less than three weeks after the city asked for the funds.

The announcement at Bay-

view O-Train station had a distinct pre-election feel, with Ottawa-Orléans MP Royal Galipeau flanked by Employment Minister Pierre Poilievre and city councillors to announce the funding, which was first revealed last week.

Galipeau sent Mayor Jim Watson a letter on July 22 announcing the funding, less than two weeks after the city's July 9 request for a third of the \$3-billion Phase 2, which would extend light rail further east, west and south.

Galipeau praised the vision of Watson and other local politicians without whom "this major public transit infrastructure dream would not be so close

“Is this a serious commitment, or is it just an attempt to buy votes?”

Ottawa-Orléans Liberal candidate Andrew Leslie

to becoming a reality.”

Galipeau has said the timing of the funding pledge isn't related to the upcoming election; it's merely a coincidence.

At the announcement, Poilievre introduced Galipeau, the federal government's point man on light rail in Ottawa, as “the man who made all of this

possible.”

And the man hoping to unseat Galipeau in Ottawa-Orléans, Liberal candidate Andrew Leslie, quickly released a statement saying he supports light rail, but suggested the announcement was a vote-buying tactic.

“The fact that Mr. Harper and Mr. Galipeau have only now voiced their support on the eve of an election, worries me. Is this a serious commitment, or is it just an attempt to buy votes?” the statement said.

“Only now, as Mr. Harper's representative in Orléans gets desperate after nine years of weak results, is he paying attention to Orléans voters.”

AFFORDABLE LIVING

City allots \$4.6M for seniors housing

Lucy Scholey
Metro | Ottawa

Seniors on the wait list for affordable housing in Ottawa can expect more living options soon, as the city plans to put shovels in the ground for a \$4.6-million housing complex by next spring.

The city recently issued a request for proposals seeking “innovative, visitable, adaptable, and barrier free” housing for those aged 50 and older without affordable roofs over their heads.

According to Aaron Burry, general manager of community and social services, the new housing plan includes at least 40 units, although that could vary depending on the chosen developer.

However, there are more than 2,139 seniors aged 60 and older waiting for affordable housing in the city, according to the Alliance to End Homelessness. That's almost 21 per cent of the overall households on the list.

Mike Bulthuis, executive director of the Alliance to End Homelessness, called the \$4.6 million a “welcome contribu-

tion,” but a small chunk of the overall need.

Apart from increases in federal and provincial funding, Bulthuis said the city should look at new housing solutions, like a commercial-residential mix to cut down on costs.

According to the organization's 2014 progress report on ending homelessness in Ottawa, 1,204 “older adults” — or people aged 50 and older — used an emergency shelter in Ottawa in 2014. That's a 2.4 per cent hike from the previous year.

Bulthuis said the city, to its credit, is completing its goal

of building 130 new affordable housing units, for all types of households, in two years.

This latest \$4.6 million stems from a mix of federal and provincial funding. It's also in keeping with the city's Older Adult Plan, a 42-page document first drummed up in 2012 following citywide consultations that lays out plans for everything from computer literacy courses for seniors to affordable public transportation.

There's still no land set aside for the seniors housing plan. The city will choose a developer by the end of this year and start construction in spring 2016.

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Calypso Water Park fined \$400K for safety violations

COURT

Company found guilty of six infractions from 2011-2012



Lucy Scholey
Metro | Ottawa

Calypso Water Park must pay nearly half a million dollars in fines for safety violations.

Ontario Justice of the Peace Julie Lauzon ordered the Limoges, Ont., aquatic park to pay \$400,000 for six safety violations concerning the Bobsleigh and Steamer rides in 2011 and 2012.

Calypso was found guilty of failing to adequately train its employees and for failing to operate the Bobsleigh in a safe manner after an operator prematurely launched a second sleigh while another was stuck on the flume in 2012.

The park also failed to immediately report a serious accident on the Steamer in 2011 and also returned the ride to service before figuring out the cause of the incident.

Lauzon stayed two charges she considered too similar to result in separate fines. On top of the fines, the park also owes \$100,000 in victim surcharge fees (a mandatory fine to victims and their families).

The maximum fine for the four charges was \$4 million, but the Crown was asking \$850,000 and the defence suggested \$125,000 to \$150,000.

Defence lawyer Lawrence Greenspon said Calypso went through "growing pains" after



Calypso Water Park has been ordered to pay \$400,000 for several safety violations spanning 2011 and 2012 concerning its Bobsleigh and Steamer rides. The park was fined for failing to adequately train its employees, for failing to safely operate the Bobsleigh, and for not immediately reporting a serious injury that occurred on the Steamer in 2011. The park also returned the ride to full service before discovering the cause of the incident. JOE LOFARO/METRO

opening in 2010.

"They've taken measures to make these things right," he said. "This puts the cap on things that have long ago been improved."

Recently, TripAdvisor named Calypso as the top aquatic park in Canada.

"Obviously, the public likes the changes they've made," Greenspon said, noting the water park is considering an appeal of the decision.

Lauzon called her ruling "reasonable" and said her sentencing ensures respect for the rules that "ensure the protection of the relatively vulnerable public" at water parks.

"The maximum total fine could have been \$4 million," she wrote. "A fine that is 10 per cent of the maximum fine, for a first offender, is reasonable in my view."

The Technical Standards and Safety Authority (TSSA), which

regulates amusement park rides in Ontario, first laid 20 safety-related charges against Calypso in 2013. But earlier this year, the Crown prosecutor withdrew nine of the charges.

There were about a dozen civil lawsuits filed against Calypso, concerning injuries, but the only one to make it to court was dismissed by an Ontario Superior Court judge.

In that case, a woman claimed the water park was

to blame after she slipped and broke her right elbow while heading to a ride.

In another civil lawsuit, a woman claimed she was ejected from her tube while on the Steamer on Aug. 3, 2011. She claimed she suffered a head injury, whiplash, migraines and other injuries.

It's unknown how many of the outstanding dozen civil suits have been settled or dismissed.

WITH FILES FROM JOE LOFARO/METRO

CRIME

Police criticized over street check stats



Joe Lofaro
Metro | Ottawa

Police officers should disclose to people they stop and ask for identification on the street that they have the right to walk away, the Ottawa police services board was told Monday evening.

The police practice known as "street checks" has come under fire after the Ottawa Police Service released statistics on the racial breakdown of people who are stopped most often on the street and asked for identification.

Police say street checks are not random and are a valuable tool to solve and prevent crime when an officer has a suspicion of criminal activity.

Numbers released last week show black people made up 20 per cent of all street checks submitted from 2011 to 2014. White people were stopped 58 per cent of the time.

"There are some of us who are stopped more than others," said Leo Russomanno, a lawyer with Abergel Goldstein & Partners LLP.

"It should be concerning to this committee ... that a population where only 5.7 per cent is black, 20 per cent of those being street checked, according to the statistics provided, are black."

The board approved a report Monday recommending the police force develop a clear policy for street checks after the province of Ontario announced in June the practice will become standardized.

Russomanno, speaking as a public delegate at Monday's meeting, said the public ought to be informed they have a choice whether or not to co-operate.

"It doesn't defeat the purpose to advise the people what their rights and obligations are when they're involved in a street check," he told the board. "These figures cry out for an explanation as to what is happening."

Police chief Charles Bordeleau said the data released last week is purely raw data from the records management system and has not been analyzed or given any context.

"We have processes in place to make sure street checks that are submitted have that value and have a criminal nexus associated with it," he told reporters before the meeting started.

"We're going to continue with our consultations throughout August and we'll provide that information to the province to help them develop any guidelines that are going to come out around street checks."

GATINEAU

U-Pass expanded for students



Haley Ritchie
Metro | Ottawa

Starting in September, students living in Gatineau will be able to use their discounted student bus pass on both sides of the river.

OC Transpo and STO, the Gatineau service provider, have reached an agreement to expand the service.

"We've been working very, very hard because we know it was important to us and to the students to have a pass that is

easy to use for everyone," said STO spokesperson Renée Lafrenière. "I think we've achieved that."

The discounted U-Pass is included in full-time tuition fees for students at the University of Ottawa, Carleton University, Saint-Paul University and Algonquin College.

The pass costs \$385.40, but in previous years students could opt out if they live outside of service zones, including Quebec. Beginning in the fall, the pass can be used on all STO and OC Transpo buses with no restric-

tions, making getting around much easier for students who spend time on both sides of the river.

"There will be an agreement on revenue sharing (with OC Transpo) so the biggest part of the agreement was trying to estimate the population that resides in the Quebec side," said Lafrenière.

The University of Ottawa attracts more French-speaking students because of the bilingual program, and their student union estimates around 4,000 students live in Gatineau.

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MANCHESTER

Have tent, will tutor, Canadian student says

A Canadian student's unorthodox pitch to save money on his university education is helping a British woman to obtain her high school credentials.

Evan Eames's master's studies at the University of Manchester were set to cost the Montreal resident more than \$30,000 in tuition fees alone, sending him on the hunt for frugal accommodations.

The avid camper thought pitching a tent in someone's backyard would solve his problem, and so he took to the Internet in search of a landlord.

He found one in Charley Mantack, a Manchester resident who offered to let him pitch his tent on her property in exchange for tutoring in math and science.

Eames spent about three hours a week helping her with her high school equivalency course work. Final exam results are due next month, but Mantack was posting A's in her classes and expects to graduate.

Eames said the inconvenience of living in sporadically damp or cold conditions was balanced by the fresh air and

fun of doing something a little out of the ordinary.

"It started out as mainly an economic function, but very quickly it turned into something that I was genuinely enjoying," the 25-year-old said in a telephone interview.

A long-term camp-out was not part of Eames's initial plan when he decided to complete his master's degree outside of Canada.

The British citizenship he enjoys courtesy of his father, he thought, would be sufficient to secure tuition rates more in line with what he would have paid if he remained in Canada.

But after discovering that international rates applied to anyone who had not lived in the country for at least three years, Eames was forced to get creative.

The time he'd previously spent globetrotting on a student budget had made him comfortable with life in a nylon shelter.

Mantack said she plans to go on to university, where she hopes to follow her tutor's lead by studying science.

THE CANADIAN PRESS



Grad student Evan Eames and his tent in Manchester are shown in a selfie. THE CANADIAN PRESS HANDOUT

Pilot rescued from ice floe

ARCTIC

Russian aviator picked up 32 hours after chopper crash

A Russian helicopter pilot survived a crash of his small helicopter into frigid Arctic waters by scrambling into a life raft and then spending over 30 hours awaiting rescue on an ice floe, military officials said Monday.

Sergey Ananov was on a solo, around-the-world journey in his single-engine aircraft and was about halfway between Iqualuit and Greenland when his Robinson R22 helicopter ditched in the Davis Strait on Saturday afternoon.

Rear Admiral John Newton says the search and rescue coordination centre was notified after an on-board beacon indicated Ananov's single-seat aircraft had descended to sea level and stopped moving.

The admiral said the 49-year-old sociologist and journalist had his life raft close at hand and his survival suit was on as it hit the water.

"It's wet, it's cold, he has some polar bear neighbours who are very interested in his whereabouts. He has quite a survival story."

Newton said Ananov fired off flares but they couldn't be seen in the cloudy, misty conditions by rescue aircraft and helicopters.

However, early on Monday morning a watchkeeper with the coast guard vessel Pierre



Pilot Sergey Ananov spent more than 30 hours on an ice floe awaiting rescue. FACEBOOK/SERGEY ANANOV/THE CANADIAN PRESS



He has quite a survival story.

Rear Admiral John Newton

Radisson, which had set out from Frobisher Bay to find the lost aviator, spotted one of the flares fired from the floe.

The vessel sent its helicopter to retrieve Ananov, who by then had been on the ice approximately 32 hours.

The admiral said the military search centre worked on the assumption that Ananov was alive throughout the rescue at-

tempt, but knew that heaving oceans and extreme cold posed risks as the hours went by.

"We never gave up on him. There's a combined story of his tale of woe and the determined search by search and rescue ... the coast guard should be proud of what they achieved today," said Newton.

Capt. Wayne Jarvis, who was working at the search and rescue centre during the rescue attempt, said it's believed the cause of the crash was a mechanical problem.

THE CANADIAN PRESS

OLYMPIAD

Perfect score for 'mathlete'

The name Alex Song is spoken in reverential tones in Canadian mathematical circles.

The 18-year-old won the International Mathematical Olympiad in Thailand in mid-July, achieving a rare perfect score in the two-day competition against more than 600 high school competitors from 104 countries.

Song has had an incredible run over the past six years, finishing with five gold medals and one bronze against the best in the world.

The Olympiad is a big deal in math. Previous participants have gone on to win prestigious international awards such as the Fields Medal, considered by many as the highest honour in mathematics.

For Song, the Olympiad win wasn't that big of a deal.

"I was definitely very happy at the same time," he says. "But, I mean, it was just whatever happened."

"I felt like I was very lucky to solve all the problems, but at the same I'm not sure if any of the problems gave me trouble," he said from his parents' home in San Jose, Calif. He grew up in Waterloo, Ont., until moving to New Hampshire to start high school in 2011.

His coach, leader of Math Team Canada, made up for Song's nonchalance.

"The results are fantastic," said a jubilant Jacob Tsimmerman, a math professor at the University of Toronto. "Alex is unique and destined for greatness."

The champ will start his collegiate career at Princeton University next month. He said he hopes to focus on pure mathematics and "needs to get prepared for mathematical research."

THE CANADIAN PRESS



IN BRIEF

CP Rail seeks to appeal Lac-Mégantic settlement

Canadian Pacific Railway is officially asking for permission to appeal the approval of the \$430-million settlement fund for victims and creditors of the Lac-Mégantic train derailment.

The company states in court documents that the fund is unfair. The fund was created when about 25 companies accused in the July 6, 2013, rail derailment that killed 47 people offered to compensate victims.

THE CANADIAN PRESS

ELECTION

Adams' defeat 'a big favour' for Trudeau

Liberals who helped defeat Eve Adams in her bid to run as the party's candidate in a Toronto riding said Monday they've done Justin Trudeau "a big favour."

Adams had been seeking the Liberal nomination in Eglinton-Lawrence, where she would have faced off against her former Conservative caucus mate, Finance Minister Joe Oliver.

But Adams, who was welcomed into the Liberal fold by Trudeau in February after

she had a falling out with the Tories, was handily defeated by Marco Mendicino in a weekend nomination vote.

"I think we did Trudeau a big favour by bringing in and having a candidate here who really is a genuine Liberal," said Mike Colle, a Liberal who represents the riding in the Ontario legislature.

Adams would win the federal nomination "over my dead body," Colle predicted in a Facebook post. THE CANADIAN PRESS

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Colombia begins quest to unearth missing youths

LA ESCOMBRERA

300 people believed to be entombed in urban landfill

The last contact Margarita Restrepo had with her daughter was a hurried phone call on Oct. 25, 2002. The school day was over and 17-year-old Carol Vanesa was going to meet friends at a metro stop near the sprawling Comuna 13 hillside slum.

Restrepo and her children had fled the violent Medellín neighbourhood a few days earlier, right before it was taken over by thousands of Colombian soldiers trying to ferret out leftist rebels. She begged the girl not to risk returning there, but the teen went anyway. Neither she nor her two friends have been seen again and, to this day, nobody knows who is responsible for their disappearance.

Thirteen years later, Restrepo and dozens of others who have missing loved ones are closer than ever to closure thanks to a project to remove 24,000 cubic metres of rubble from La Escombrera, a debris landfill on Medellín's outskirts where the remains of as many as 300 people are believed to have been dumped during one of the darkest chapters of Colombia's long-running civil



Wooden silhouettes representing missing people dot the landscape during a ceremony to remember the missing and to kick off a search effort in the landfill La Escombrera, on the outskirts of Medellín, Colombia, on Monday. LUIS BENAVIDES/THE ASSOCIATED PRESS

conflict.

At a ceremony Monday to remember the missing and kick off the search effort, officials joined more than 100 women who dressed in white and carried black, plastic silhouettes to represent their loved ones. After years of silence on the part of the government and much of society, supporters of the families welcomed the



This is the site of one of the most atrocious episodes that weigh down our history and is a stain on our national identity.

Roman Catholic priest and activist Javier Giraldo

start of the work.

"This is the site of one of the most atrocious episodes that

weigh down our history and is a stain on our national identity before the entire world,"

Javier Giraldo, a Roman Catholic priest and human rights activist, said following a Mass to honour the victims.

Human rights activists say La Escombrera could prove to be the largest mass grave ever found in Colombia and the dig represents a glimmer of hope that justice will be realized. But the search will be complicated. Despite more than a decade-long clamour by victims' families that the landfill be closed and excavated, giant trucks have continued to dump construction waste daily.

"If that light doesn't shine for me, I hope it does for one of my companions," Restrepo said while holding up a placard with her daughter's photo and disappearance date, the eye-catching symbol used by the group Mothers Walking for the Truth to draw attention to their fight.

With the five-decade conflict winding down, officials have been fanning out across the country to exhume hundreds of bodies, attempt to identify them through DNA testing and return the remains to family members.

Forensic experts have cordoned off and will focus their search in three sections of the landfill where bodies are believed to have been dumped. A makeshift camp is being built for loved ones who want to stay abreast of the investigators' progress.

THE ASSOCIATED PRESS

BOBBI KRISTINA BROWN

Time an issue in solving death

Medical examiners performing an autopsy on Bobbi Kristina Brown said Monday their initial findings turned up no obvious cause of death, while experts said the months that have passed since Brown was found face-down in a bathtub are working against authorities now tasked with solving how she died.

The Fulton County Medical Examiner's Office said in a statement Monday afternoon that it will likely be several weeks before it can rule on a manner and cause of death for the 22-year-old daughter of Whitney Houston.

The agency said its initial autopsy turned up "no significant injuries" or "previously unknown medical conditions." It said the next step is ordering lab tests and issuing subpoenas for documents — most likely Brown's hospital records.

THE ASSOCIATED PRESS



Bobbi Kristina Brown FILE

SENTENCING HEARING

Doctor: Mental illness caused Colorado theatre shooting

Defence lawyers trying to spare the life of Colorado theatre shooter James Holmes turned Monday to a court-appointed psychiatrist who previously testified for prosecutors that Holmes was legally sane during the 2012 attack but his mental illness led him to open fire.

Dr. Jeffrey Metzner's finding has not changed: He concluded that Holmes knew right from wrong when he killed 12 people and injured 70 others, therefore meeting the legal definition of sanity under Colorado law. But Metzner also says the attack would not have happened if not for Holmes' mental illness. The defence hopes that will persuade jurors to sentence Holmes to life in prison without parole instead of to death.

"Having psychosis doesn't take away your capacity to make choices. It may increase your capacity to make bad choices," Metzner testified Monday. "He acted on his delusions, and that's a reflection of the severity of his mental illness."

Metzner, who diagnosed Holmes with schizoaffective disorder, said he did not think Holmes went on his rampage to get notoriety or because of his long-standing hatred of humanity, which he described in a spiral notebook. Instead, Metzner said, Holmes' actions were "directly related" to delusions that killing people would increase his self-worth.

"I can come up with no other explanation for what he did," Metzner said.

Holmes knew what he was doing was illegal and that others would think it was wrong, Metzner reiterated in response to questions from District Attorney George Brauchler.

But whether Holmes knew right from wrong matters less now that jurors rejected his insanity plea and convicted him of 165 counts of murder, attempted murder and other crimes stemming from the July 20, 2012 shooting.

Jurors decided unanimously last week that the attack was cruel enough to justify the death penalty, but they must now determine whether Holmes' mental illness and other factors outweigh the gravity of his crimes.

THE ASSOCIATED PRESS

IN BRIEF

U.S., Turkey outline plan for Islamic State-free zone

Turkey and the United States have agreed on the outlines of a plan to rout the Islamic State group from a strip of Syrian territory along the Turkish border — a plan that opens the possibility of a safe haven for tens of thousands of displaced Syrians but one that also sets up a potential conflict with U.S.-backed Syrian Kurdish forces in the area.

The move further embroils Turkey, a key NATO ally, in Syria's civil war, and also catapults it into a front-line position in the global war against ISIL.

No agreement between Turkey and the U.S. has yet been finalized, said a senior Obama administration official. THE ASSOCIATED PRESS

INDIA

10 people killed in extended gun battle

Indian forces fought an extended gun battle Monday with militants who attacked a moving bus and stormed into a police station in a northern town bordering Pakistan, with 10 people killed in the violence, officials said.

The attackers killed four policemen and three civilians in the pre-dawn attack in Punjab state, said Harcharan Singh Bains, a state government spokesman.

All three of the attackers died in fighting with Indian police officers backed by army personnel that lasted about 12 hours, said the state's director-general of police, Sumedh Singh Saini.

The militants hijacked a car and then fired at the bus and a roadside eatery before attacking

a police station near Gurdaspur, a border town in Punjab, police said.

Eight injured people were hospitalized, seven of them in serious condition, the Press Trust of India news agency reported.

Police are investigating whether the militants came from the Indian portion of Kashmir, which borders Punjab, or from Pakistan. Rebels routinely stage attacks in Indian-held Kashmir, where they've been fighting since 1989 for an independent Kashmir or its merger with Pakistan.

Pakistan's foreign ministry condemned the attack. "Pakistan reiterates its condemnation of terrorism in all its forms and manifestations," it said in a statement. THE ASSOCIATED PRESS

GERMANY

Business managers feel more confident

Business confidence in Germany, Europe's biggest economy, has risen unexpectedly this month as worries over Greece have subsided, a closely watched survey showed Monday.

The Ifo think-tank's monthly confidence index increased to 108 points for July from 107.5 in June. Economists had expected a slight decline to 107.2, which would have been a third consecutive drop.

Ifo said that managers' assessment of their current situation and their outlook for the next six months both improved, defying expectations that they would slip. The institute's president, Hans-Werner Sinn, said in a statement that "the recent easing of the Greece situation contributed to stronger sentiment in the German economy."

A preliminary agreement earlier this month on a new bailout for debt-laden Greece dampened fears of a potentially disruptive Greek exit from the 19-nation euro currency, though a full deal still has to be hammered out.

The German economy has been helped lately by low un-



Even if the dose has been reduced somewhat, the German economy is still on steroids.

Carsten Brzeski, chief economist at ING-DiBa

employment and increasing domestic demand and has been growing even as other European countries struggle.

It is still being bolstered by a weak euro exchange rate and low energy prices, said Carsten Brzeski, chief economist at ING-DiBa in Frankfurt. "Even if the dose has been reduced somewhat, the German economy is still on steroids," he added.

Risks looking ahead include longer-than-expected periods of weakness of the U.S. and the Chinese economies, both of which are major German export destinations, and a possible new flaring of the Greek crisis, he said.

THE ASSOCIATED PRESS



Tim Hortons executives are reviewing Tims TV after Enbridge ads running on the in-store digital screens last month dragged the restaurant chain into a clash between environmentalists and oil-industry supporters. CHRIS YOUNG/THE CANADIAN PRESS

Tim Hortons reviews in-store TV screens

IN BRIEF

TransAlta manipulated market: Commission

TransAlta Corp. deliberately timed outages at power plants in Alberta at peak times in order to drive up electricity prices, the Alberta Utilities Commission said in a ruling Monday. The commission conducted hearings after the province's market surveillance administrator alleged it manipulated the market by shutting down coal-fired plants in late 2010 and early 2011 to drive up power costs.

THE CANADIAN PRESS

market minute



DOLLAR

76.66¢ (-0.06¢)



TSX
14,001.37 (-184.87)



OIL
\$47.39 US (-75¢)



GOLD
\$1,096.40 US (+\$10.90)

NATURAL GAS: \$2.789 US (+1.3¢)
DOW JONES: 17,440.59 (-127.94)

RESTAURANTS

Activists and oil industry clash over ad on Tims TV

Executives at Tim Hortons are reconsidering whether it's worth the risk of flavouring your coffee break with potential controversy.

After the restaurant chain was dragged into a clash between environmentalists and oil-industry supporters last month, Daniel Schwartz, CEO

of Tim Hortons' parent company Restaurant Brands, said Monday the company is reviewing its Tims TV in-store digital screens.

"We're now taking a look at the whole Tims TV program and what makes sense for the brand," said Schwartz in an interview.

"As with many things in the restaurant, we explore what's best from time to time."

The review comes after Tim Hortons was put in the hot seat for giving advertisement space to pipeline giant Enbridge on its in-store digital screens.

The commercials angered



We're now taking a look at the whole Tims TV program.

Daniel Schwartz

environmentalists who launched an online petition to get them pulled. When Tim Hortons yanked the Enbridge ads, some oil-sector supporters called it an insult to one of Canada's biggest industries and launched their own boycott.

The conflict showed the potential dangers of a brand as

recognizable as Tim Hortons selling ad space to companies that could rankle its customers.

The coffee-and-doughnut chain began experimenting with Tims TV last year before rolling out screens at restaurants across the country. The company described Tims TV as its own version of a community space, serving as a home for the latest news, weather, local events and branded videos.

But the thrust of the concept was to pocket revenue from what's essentially a billboard inside the restaurants.

THE CANADIAN PRESS

GREECE EURO EXIT

Ex-minister hatched Plan B

The Greek government was poised Monday for the imminent start of intricate bailout discussions but faced rebukes following revelations that former finance minister Yanis Varoufakis formed a secret committee to plan for the possible conversion of euros into drachmas "at a drop of a hat."

While the final touches were being put in place for the start of technical talks in Athens, a recording of Varoufakis discussing a parallel currency plan was made public.

Opposition parties have

criticized Varoufakis and have urged Prime Minister Alexis Tsipras to explain to lawmakers what he knew of his former finance minister's actions.

In the recording of a telephone briefing for investors on July 16 in the wake of his resignation days earlier, Varoufakis claimed he and a childhood friend who was a computer expert hacked into his ministry's computer systems as a first step to creating "a parallel banking system" in the event Greek banks were shuttered.

In theory, a parallel system formed from the effective cloning of tax accounts would have allowed the finance ministry to continue payments in the form of so-called IOUs.

Varoufakis said he had been authorized by Tsipras to undertake the planning prior to the general election in January when the radical left Syriza party swept to power. And he insisted that his actions were legal, in the public interest and aimed at keeping the country in the 19-country eurozone.

THE ASSOCIATED PRESS

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the big number

35

Is the number of women who have come forward and attached their names and faces to their stories of alleged sexual assault at the hands of Bill Cosby. The women — the majority of Cosby's accusers, who currently number 46 — range in age from their early 40s to 80, and they report incidents as far back as 1969. They told their stories in New York Magazine on Sunday, describing, in many cases, being drugged without their knowledge and forced to perform sex acts without their consent. A handful of women who reported Cosby in 2005 were met with "skepticism, threats, and attacks on their character," the magazine essay says. This time around, praise and support abounds on social media — a testament to how much has changed in just a few years.

'Complete streets' are a challenge to car culture

YOUR RIDE

Kathryn Hunt



Earlier this month, a motion was approved to include the concept of “complete streets” in the wording of the City’s Transportation Master Plan, which is supposed to help the city be able to handle a projected population of 1.14 million by 2031.

So what's a "complete street?" The name pretty much sums it up. A complete-streets approach requires streets to be planned, designed and maintained for users of all ages and abilities, regardless of their mode of transportation, be it car, foot, bike, transit, wheelchair, skateboard or Segway.

This approach starts with making the streets safer. Its goal is to encourage more people to leave their cars outside of the city and use

other methods to get around downtown. This cuts down on gridlock, air pollution and parking demand. Generally, complete streets are more pleasant for everyone anyway.

Main Street, which is currently under construction, is an example of one of the city's first complete-streets designs, and its new design includes cycle tracks, an upgrade to standard-width sidewalks and a reduced vehicle lane capacity in the rush hours to prevent speeding in the off-peak hours. The local community organization (Ottawa East Community Association) is cheering the design.

Having the policy stated in the plan is a reminder to include everyone in street design, from the drawing board on. But this takes some adjusting. Since the mid-20th century, streets have generally, and increasingly, been designed for cars.

This approach starts with making the streets safer. Its goal is to encourage more people to leave their cars outside the city and use other methods to get around downtown.

A walk around the south Ottawa neighbourhood I live in reveals new suburban developments where there are no sidewalks at all, each neighbourhood cut off from the other by arterial roads where the traffic often travels at more than 70 km/h and the sidewalks are unpleasant afterthoughts, sometimes separated from traffic by a strip of asphalt which, discouragingly, is called a “kill strip.”

The obvious assumption is that if you want to go anywhere at all, you will leave your house in a car and come back in a car — even when there are shops and schools only a few blocks away. Complete streets policies will force city planners to think differently.

As for what difference a complete-streets policy will have on our actual roads, it's always hard to balance what can actually be done with what people would like to see.

But the master plan is at least intended to give everyone their space on the roads.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

ROSEMARY WESTWOOD

metroview

We're all jerks on the road. Cyclists are the vulnerable kind

I had that sense again yesterday morning when I got on my bike.

The feeling that I was no more than a delicate teacup perched on the seat. Every motorcycle and car that passed me made me flinch. I shoulder-checked like I had a neck twitch. I'm not a timid rider, but I had again the odd foreboding that this could be the day I get hit.

It wouldn't be the first time. A few years ago I was doored — and learned the term doored — en route to the office.

A driver, parked on the side of the road, didn't look for bikes before swinging open his door as I passed him. I flew over the handlebars and skidded to a stop in the middle of the street, mostly unhurt, but shaken.

When cars and bikes collide, one of us always loses.

In 2011, the latest data, colliding with a motor vehicle caused 60 per cent of cyclist deaths in Canada. A University of British Columbia study from 2013 found that cyclists have higher rates of both injuries and deaths than drivers, whether you're looking at number of trips taken or number of kilometres travelled.

I'm not arguing the childish chant that cyclists are better than drivers (and pedestrians are forgotten casualties, like the horses of

war, even though they are very much at risk of dying just by walking). Yesterday, as with every morning, cars, buses and trucks vied with pedestrians and other cyclists for biggest a--hole on the road (an award I dole out personally). As of press time, a Toronto pedestrian was the front-runner, thanks to a video making the rounds on Twitter wherein he punches a cyclist in the face.

It's scary out there.

A month ago, I was biking home when a cab driver decided I was too far from the sidewalk (and the crater-sized potholes that hugged the curb) and laid on the horn. He hooooooooonnnnnnn-kkkkkeeedddd. It scared the hell out of me and left me so sensitive that a podcast I was listening to made me cry.

Yes, Mr. Cab Driver, I realize I've inconvenienced you by forcing you to switch lanes in an otherwise deserted street.

But please pause to consider: Should we collide, you would drive off with a \$2,000 repair bill. I would lie there waiting for an ambulance.

In this, one of the statistically most dangerous times of the year to be a cyclist on the road, I beg of you, drivers. Please remember that while we're all jerks on the road, cyclists are the vulnerable kind.

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THE VIEWERS HAVE SPOKEN

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Summer



Weaving her way up the charts

TOUR

L.A. songstress Ryn Weaver revels in life on the road

Caroline MacNeille
For Metro

Ryn Weaver is spending the summer in a way most 22-year-olds only dream of — touring the country to play music from her debut album, *The Fool*.

After dropping out of NYU in 2013, Weaver moved back to California where she connected with Benny Blanco, a producer who has worked with such pop luminaries as Katy Perry, Kesha and Maroon 5 in the past.

After the success of the resulting EP, she hit the festival circuit, with stops at Coachella, SXSW and Bonnaroo. This summer, she's loving connecting with fans on her first solo tour.

Her first tour

"It's been really freaking wild," Weaver says. "The first show I played was this sold-out show in a town where I have a lot of family and friends, and L.A. was sold out, too. I think when you're playing at festivals it's really fun,

but it's a lot about winning new fans and having people listen to your music because they wandered over."

Currently in the middle of a tour spanning the U.S. and Canada, Weaver says the connection she makes with fans at solo shows has been very meaningful.

"Every single person at these shows is there because they care about my lyrics and what I'm saying and they all know all the words and they relate. So it's a very comforting experience. It's been very fun for me."

Concept albums

Weaver, who was involved in theatre growing up, might have been inspired by her experiences there — she created the album to be listened to all in one sitting, like a play.

"I believe in concept albums,"



Every single person at these shows is there because they care about my lyrics and what I'm saying.

Ryn Weaver, singer, on connecting with fans during her first solo tour

she says. "There's something beautiful to be said about pop stars, and the breadth of catchy music that sometimes doesn't even go together but is such a good time anyway. As much as I love that and respect people who can achieve that, I think that I'm naturally a bit more of a storyteller."

That can mean spending a little more time with what she's working on.

"A lot of my favourite artists took their time to make different records. They would fall off the map a bit and come back. So a lot of the music I was listening to always felt like it was coming from a very specific world."

Music videos

To date, Weaver has put out two videos: one for her breakout hit *OctaHate* and one for her album's namesake, *The Fool*. Both are esthetic and evocative, featuring unusual, vivid settings (an old house, a gorgeous field) to immerse the viewer in her world. "I always have ideas (for videos) in my head as I write songs. I kind of see the theatre of it."

For these videos, Weaver found inspiration close by.

In *OctaHate*, that's my best friend Hayley, and we actually came together as friends because of the person the song was written about.

"To me, it represented way

SCAN THIS PHOTO WITH YOUR METRO NEWS APP TO SEE RYN WEAVER'S VIDEO FOR OCTAHATE



more than us having a food fight at the table. It was about overcoming the journey of the mourning process. There's a final hug at the end. It's about how you wrestle with grief and mourning."

Starring roles

Although Weaver is achieving serious success as a musician, she once attended NYU as an acting student.

"Every single form of art is beneficial to another one. In acting, you get to study characters and you get to understand. It's an empathetic art form. It's almost anthropological. I love it."

Ultimately, she moved back to California to pursue music, finding that the West Coast suits her better.

"I love the East Coast, but a number of the (acting) methods break people down to bring them back up. I kind of believe in nurturing the natural side of you that has those qualities. Sometimes I think technique can crush creativity a bit."



Ryn Weaver performs at the Bonnaroo Arts and Music Festival on June 11 in Manchester, Tenn. JASON MERRITT/GETTY IMAGES



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THIS WEEK: *How Often Should You Replace Your Toothbrush?*

Black goes totally YouTubular

MICHAEL IAN BLACK

The State star stoked to play SMOSH villain



Ned Ehrbar
Metro | Life

The State and Wet Hot American Summer star Michael Ian Black gets in on the YouTube generation's fun with SMOSH: The Movie, playing eccentric billionaire villain Steve YouTube, who sends the SMOSH guys (Ian Hecox and Anthony Padilla) literally into the Internet to try to undo an embarrassing viral video. And Black, as it turns out, has a handy trick for playing that type of character.

How do you get into the head space of a character like Steve YouTube?

You just act a little bit like a dick, and that's easy for me. I'm just wired to be a little bit of a dick.

It works for you, I think.

Thanks (laughs). I've based an entire career on it.

What do you make of the whole YouTube thing?

Well, I certainly support the ability to create content and put it out there and have people watch it, and YouTube is the premium platform for that. So I guess I'm a big fan.

If you'd had this kind of platform when you were starting out with The State, how different do you think things would have been?

The ability to just create stuff and find an audience so easily probably would have changed everything ... But who knows what the result of that would've been, whether it would've been better or worse.

You could argue a lot of the popular YouTube stuff owes a lot to The State.

Unquestionably, nobody would be where they are were it not for me. I mean me singularly. Just me.

That's fair. Very humble.

I'm trying to keep it as modest as I possibly can.

You've got a lot of TV projects going right now. Why are you on everything?

Well, I'm on three. And it's a result of probably poor or maybe good timing and not any resurgence or renaissance in my career. I don't think. I think my career is still safely in the toilet. That's the hope.

Is that where you're looking to stay?

Well, it's comfortable.

SCAN THIS PHOTO WITH YOUR METRO NEWS APP TO SEE IMAGES FROM WET HOT AMERICAN SUMMER



Michael Ian Black, left, as Steve YouTube in SMOSH: The Movie. CONTRIBUTED

+ WET HOT AMERICAN SUMMER

Netflix turns the cult classic into a new series

A prequel to the 2001 sleeper hit, Wet Hot American Summer: First Day of Camp will make Netflix subscribers very happy campers starting July 31. The original cast is reunited for eight episodes of goofy hilarity centred on camp counsellor rivalries, summer trysts and the usual scatological gags. Fourteen years later, the once unknown cast have all become bankable stars. Bradley Cooper, Paul Rudd, Amy Poehler, Elizabeth Banks and Christopher Meloni, to name a few, reprise their original roles for the reunion, which takes them back to their first day at Camp Firewood. AFP

BROKEN PROMISE — AN EXCERPT IN FOUR PARTS BY LINWOOD BARCLAY



BILL TAYLOR

PART 2 OF 4

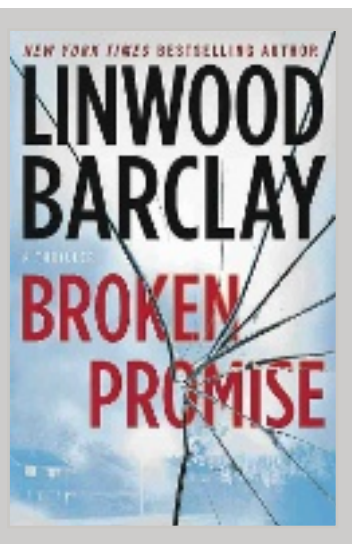
Something dark has infected Promise Falls

Bestselling thriller author Linwood Barclay returns this month with Broken Promise (Doubleday, July 28, \$22.95), the first book in an explosive new trilogy.

When we left David yesterday, he had gone to visit his cousin Marla, who has miscarried just 10 months earlier. David is disturbed when he finds Marla feeding a baby that she claims was brought to her by an angel.

Excerpted from Broken Promise by Linwood Barclay. Copyright © 2015 Linwood Barclay. Published by Doubleday Canada, a division of Penguin Random House Canada Limited, a Penguin Random House Company. Reproduced by arrangement with the Publisher. All rights reserved.

The dog made a beeline for the fence when she caught a whiff of it. Duckworth steeled himself. He'd seen a few dead people over the years.



The name of the caller came up on Promise Falls Detective Barry Duckworth's screen. "Oh, no," he said. "Randall Finley." The former mayor. "Yeah," Duckworth said. "Hey, where are you?" Finley asked. "You in your car? Swing by Clappett Park. South end. By the path. There's something here you should see." Barry Duckworth sighed. "Fine."

"I'll meet you at the park entrance. I got my dog with me. That's how I came across

it. I was taking her for a walk." "It?" "Just get over here." "Took you long enough." Finley said as Barry got out of his unmarked cruiser. "I don't work for you," he said. "Sure you do. I'm a taxpayer." Finley was dressed in a pair of comfort-fit jeans, running shoes, and a light jacket that he'd zipped up to his neck. "What did you find?" "It's this way. I could just let Bipsie off the lead and we

could follow her."

"No," Duckworth said. "Whatever you've found I don't want Bipsie messing with."

"Oh, yeah, of course," Finley said. "So, how ya been? You lost weight? You're looking good."

"What'd you find, Randy?" "You just have to see it, is all. Must have happened overnight, because I walk along here with Bipsie a couple times a day — early in the morning, and before I go to bed. The dog made a beeline for the fence when she caught a whiff of it."

Duckworth steeled himself. He'd seen a few dead people over the years, and figured he'd see plenty more before he retired.

Finley pointed. "There, on the fence. Pretty weird, huh? It's a goddamn massacre. You ever seen anything like this before?"

Duckworth said nothing, but the answer was no, he had not. Randall said, "If it had been just one body, or even two, sure, I wouldn't have called. But look how many there are. There's twenty-three of them."

Duckworth counted them himself. Randy was right. One short of two dozen.

Twenty-three dead squirrels. Eleven gray ones, twelve black. Each one with a length of white string, the kind used to secure parcels, knotted tightly around its neck, and hung from the horizontal metal pole that ran across the top of the fence.

"I got no love for them," Finley said. "Tree rats, I call them. But there's gotta be a law against that, right? Even though they're just squirrels?"

In tomorrow's excerpt: David tries to find out more about where Marla got the baby.

SERIES PREMIERE

I Am Cait recapped

After weeks of sneak peeks, I Am Cait finally premiered Sunday night on E! If you got caught up in watching Kanye drop his mic at the Pan Am closing ceremony, here are all the juicy scenes from Cait's first episode.

Caitlyn sees her Vanity Fair cover for the first time

In the first few moments in I Am Cait, Caitlyn sees the cover, the cameras capturing her immediate reaction. At the end of the episode, Caitlyn reveals that Khloe Kardashian had some issues with the cover, but you'll have to wait until episode two to find out why.

Kylie Jenner meets Caitlyn

Kylie's first time seeing her father living out a new identity wasn't in person; it was actually over FaceTime, which caught Caitlyn totally off guard. "I don't want to scare you," Caitlyn tells Kylie.

Caitlyn's mom gets honest

Caitlyn's mom and two sisters come to visit, the first time they are seeing each other since the transformation, and Caitlyn's mom doesn't hold back, including asking about a verse on the Bible condemning dressing up in another gender's clothes.

Kim lends fashion advice

Kanye West and a pregnant Kim Kardashian stop by and Kim heads straight to Caitlyn's closet. She doesn't hold back about what Caitlyn needs to ditch. Plus, she pulls out a dress that Kris Jenner also has. Talk about awkward!

Real trans issues addressed

More than anything, the show highlights Caitlyn's big heart. She truly cares about the trans community, especially teens and young adults who are struggling with self acceptance and acceptance from others. Caitlyn spends the afternoon with the family of a trans 14-year-old who committed suicide, and scenes for upcoming episodes feature her going to support groups and addressing important issues.

In the past, the Kardashian enterprise has been written off by many as frivolous, but the latest show to feature the family sparks dialogue that has the potential to change misconceptions and stereotypes. EMILY LAURENCE/METRO NEW YORK



Caitlyn Jenner

CONTRIBUTED

Get some beachin' abs this summer

FITNESS

Tired of just laying around? Work on your core with these exercises

Although rest and relaxation are naturally the priority, the summer break can be a good opportunity to get back in shape before getting back to business.

Here are a few tips from personal trainer Yakisan Cagdas to tighten your abs while working on your tan.

Doing this series of four exercises will tone all of the abdominal muscles, from the core muscles to the laterals and obliques.

Start with some sit-ups

Get into position by lying flat on your back, knees bent with your heels flat, drawn as close as possible to your buttocks. Place your fingertips behind your ears, aligning your arms and shoulders. Your head should be resting on your towel or mat, casting your gaze



Think of how good that swim is going to feel after doing all these abdominal exercises. ISTOCK

into the sky. Raise your upper body by flexing your abdominal muscles (always breathe out as you sit up and breathe in as you lie down) as far as possible, chin forward. Do five sets of 15 with a 45-second rest

between each series.

Strengthen the oblique muscles

Start in the same position, lying on your back with your knees bent and your heels flat. Do a bicycle sit-up by bringing

your left knee to your right elbow until they touch. Your head and shoulders will come up off your towel each time. Do five sets of 15 followed by a 45-second rest before switching to your right knee and left

elbow. Finish with a set of 40, alternating between the two moves.

Tone the abdominal wall

Turn over and get into plank position facing your towel or

mat, resting your weight on your forearms and on your toes while flexing your heel. Your elbows should be aligned below the shoulders and your arms parallel to the body. Your body must form a straight line throughout the exercise (the workout will be totally ineffective if your buttocks are too high or low). Contract the abdominals and hold for 45 seconds while breathing in and out, then relaxing for 30 seconds. Two sets are enough to work out the muscles.

Harden the lateral muscles

Get into side plank position. Your head and shoulders should be aligned with the rest of your body. Pull in your stomach to make your body form a straight line, just as in the last exercise. Your weight will be resting on your forearm and foot, with your hips up off your towel or mat. The exercise entails raising the hips as high as possible and holding the position. Do two sets of 20 without touching your towel, resting for 10 seconds between each set. Then, switch sides and do another two sets of 20.

AFP

IN BRIEF

Millennial females enjoy orgasmic success: Survey

Young women are reaching orgasm at a rate that's getting competitive with that of their male counterparts, according to a U.S. survey conducted by condom manufacturing company Ansell. They're also losing their virginity at a younger age, with 83 per cent of 18 to 24-year-olds reporting having had sex before their 18th birthday.

AFP

E-cigs may be just as addictive as traditional cigarettes: Study

While electronic cigarettes are seen by many as a way to wean off traditional cigarettes, new research suggests that the "e" version may be just as addictive as its smoky counterpart. Their findings revealed that the nicotine in e-cigs was mainly found in its most addictive form, known as "free-base" — the only one of three kinds that is absorbed by the body.

AFP



DRUG ABUSE

Opioid deaths on the rise, experts say



While oxycodone prescriptions are down, opioids like hydromorphone and fentanyl patches seem to be taking their place. ISTOCK

Ontario addiction experts say reduced prescribing of oxycodone has helped cut overdose deaths from the potent narcotic, but other opioids are increasingly taking its place.

Researchers at the Centre for Addiction and Mental Health in Toronto say prescriptions for drugs like hydromorphone and fentanyl patches have risen since 2010 when measures to curb oxycodone use were put in place.

Yet lead researcher Benedikt Fischer says that despite a reduction in overall prescribing, deaths from opioid overdoses in Ontario continue to rise.

Oxycodone-related deaths had dropped by 30 per cent in 2013, but the number of deaths

from opioids overall jumped 24 per cent between 2010 and 2013 — from 467 to 577.

Fischer says the major driver of opioid addiction and related overdose deaths is excessive prescribing — too many drugs to too many people, in too high a dosage. He says public health measures are needed to curtail excessive prescription of the potent narcotics and limit their use to people who need them, such as those experiencing severe cancer-related pain.

"We need to bring those main drivers down to make a dent in this problem," says Fischer, whose commentary written with CAMH colleagues appears in the journal *Pain Physician*.

THE CANADIAN PRESS

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Cleveland coach Mike Pettine says QB Johnny Manziel is behind Josh McCown for the starting job

IN BRIEF

Cavs sign Dellavedova for next season

Matthew Dellavedova has hustled his way back to the Cavaliers.

Dellavedova, who emerged as an unlikely post-season hero when all-star guard Kyrie Irving was injured, signed a \$1.2-million contract for next season on Monday.

He had been a restricted free agent, and although the Cavs signed Mo Williams this summer to be Irving's primary backup, the team wanted to keep Dellavedova because of the energy he brings off the bench. THE ASSOCIATED PRESS

Warner given more time in fight to avoid extradition

A court is giving former FIFA vice-president Jack Warner more time to fight being extradited from Trinidad & Tobago to the United States to face corruption charges.

A chief magistrate on Monday set a new hearing date of Aug. 28 after a government lawyer requested more time to examine the extradition request from the U.S. Justice Department. The U.S. sent its request last week.

Warner is resisting extradition on U.S. charges of racketeering, wire fraud and money laundering in the FIFA corruption case.

THE ASSOCIATED PRESS

Preds lock up Wilson with four-year contract

The Nashville Predators announced the signing of forward Colin Wilson to a four-year contract worth \$15.75 million on Monday.

The 25-year-old Wilson set career highs in goals (20) and points (42) and tied a personal best in assists (22) in 2014-15.

THE ASSOCIATED PRESS



Colin Wilson
GETTY IMAGES FILE



DIVING BENFEITO, FILION TAKE PLUNGE FOR SILVER Canadian divers Maeghan Benfeito, left, and Roseline Filion won the silver medal in the women's synchronized 10-metre platform at the FINA World Championships on Monday in Kazan, Russia. The result earned an Olympic spot for Canada in the event. Filion of Laval, Que., and Montreal's Benfeito won a gold medal together in the same event at the Pan Am Games. CHRISTOPHE SIMON/AFP/GETTY IMAGES

Toronto's path to hosting Olympics just got 'easier'

SUMMER GAMES

Boston no longer vying for 2024 event

Boston's withdrawal from the race to host the 2024 Summer Olympics could make a potential Toronto bid "far more attractive," particularly if no other American city steps up to the plate, experts said Monday.

"The Boston decision today certainly makes the landscape easier for a Canadian bid, a Toronto bid," said Bruce Kidd, an Olympics expert at the University of Toronto.

"With no U.S. bid, a Canadian bid has a much stronger argument," he said, noting that by 2024, it will have been almost three decades since the 1996 Atlanta Olympics, the last time the Summer Games were held in North America.

A spokesman for the U.S. Olympic Committee said Monday that the organization has severed ties with Boston, where the prospect of a bid for the '24 Summer Games was met with low public support and an active opposition group.

Scant time remains for the organization to find another potential host city — the deadline to register interest

with the International Olympic Committee is Sept. 15. But there is speculation Los Angeles could be in the running.

The absence of a U.S. candidate "would mean that there would only be one North American for the Games, and obviously that is a simpler situation," said John Furlong, who led the bid and the organizing committee for the Vancouver Winter Games.

"The lineup of cities in this particular round of bidding for the Summer Games is formidable but obviously it would make it a little bit easier," he said. "But Los Angeles and San Francisco would be very strong, I think, if they decided to get into it as well."

Paris, Rome, Budapest, Hungary, and Hamburg, Germany, have indicated they will apply.

+ FOCUS SHIFTS TO RIO

Feeling a summer-sport void now that the Pan American Games are over? It won't last long — the opening ceremonies for the 2016 Summer Olympics are just over 13 months away.

Canada's objective in Rio de Janeiro is a top-12 finish in total medals among the 200-plus participating countries.

For that to happen, Canada's divers, swimmers, row-

ers, wrestlers and paddlers need to come through, augmented by some track and field, cycling and trampoline medals.

"They're the bread and butter," Own The Podium chief executive officer Anne Merklinger said. "If we don't perform well in those sports in terms of multi-medal potential, then we're going to struggle to meet our targets."

The winning city will be chosen in 2017.

Talk of a third Toronto Olympic bid has followed the city's successful Pan Am Games, which wrapped up Sunday.

Toronto Mayor John Tory

said he wants to let the dust settle before making a decision, adding that officials will conduct a "careful analysis" to determine whether a bid is in the city's best interest.

THE CANADIAN PRESS

This is a serious, rational decision that has to be made.
Toronto Mayor John Tory

ACE PITCHERS TO WATCH

At the trade deadline

MLB

Top five starting pitchers, who could be on the move before Friday at 4 p.m. ET

COLE HAMELS

2015 stats: 6-7, 3.64 ERA, 9.6 K/9

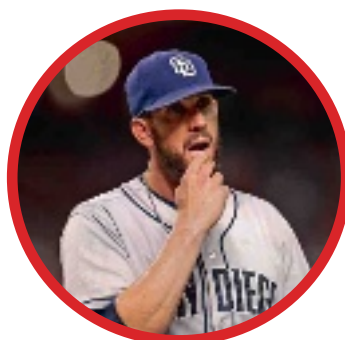
The Phillies' ace will almost certainly be dealt prior to Friday's deadline and should net the biggest return, given he is not a rental and remains under contract for three more seasons.



JEFF SAMARDZIJA

2015 stats: 7-5, 3.91 ERA, 6.9 K/9

The White Sox are another club whose hopes of contending have gone unfulfilled. The Shark, who has had a fantastic July, will be a free agent next year and will likely join a pennant race later this week.



YOVANI GALLARDO

2015: 7-9, 3.19 ERA, 6.2 K/9

The Rangers are in an odd buy-and-sell mode in that they are expected to go after Hamels, while also dealing some of their expiring assets, like Gallardo, with whom they haven't been able to work out an extension.

TORSTAR NEWS SERVICE



DAVID PRICE

2015 stats: 9-3, 2.31 ERA, 8.6 K/9

He would be the best pitcher on the market — if he is actually on the market. The Tigers are built to win now, but they are two games under .500 and could become unexpected sellers. The free-agent-to-be is their best chip.



JAMES SHIELDS

2015 stats: 8-3, 3.77 ERA, 10.2 K/9

It was just this past off-season San Diego signed the 31-year-old right-hander to a four-year, \$75-million US contract, but given how disastrously their season has gone, word is they are already looking to sell and rebuild.



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Jays GM has to play hardball

MLB

Standing pat not an option as contract winds down

Alex Anthopoulos isn't likely to characterize it this way, but the next four days figure to be the most important of his career.

The Blue Jays' 38-year-old general manager is in the final year of his contract, while the man who hired him — team president Paul Beeston — is retiring at season's end. With a new boss on the horizon, it's tough to imagine Anthopoulos surviving another October on the outside looking in.

Meanwhile, his club is armed with the best offence in baseball, but held back by a mediocre pitching staff. With 62 games to go, they trail the first-place Yankees by 6.5 games and the second wild-card spot by three.

He is dealing with an anxious fan base, the longest post-season drought in professional sports and a restless core of players —



Jays GM Alex Anthopoulos
TORSTAR NEWS SERVICE FILE

some of whom publicly criticized his lack of action at last year's deadline.

Standing pat hardly seems an option this time around, but how much of the future is Anthopoulos willing to sacrifice to make a run in the present? We will find out sometime before Friday at 4 p.m.

As usual, the Jays have been linked to numerous teams and players, ranging from popular rentals, like Jeff Samardzija, to high-end closers, like Craig Kimbrel and Aroldis Chapman, and off-the-radar types, like Carlos Carrasco and Mike Fiers.

Anthopoulos's track record

suggests he is reluctant to give up prospects and their multiple years of control for players on expiring contracts, like Samardzija. In fact, he has described the rental market as "the last aisle I want to shop in."

That made his reported interest in Milwaukee's Fiers and Cleveland's Carrasco somewhat interesting. Fiers has four more years of team control, while Carrasco has three. Both right-handers are high-strikeout pitchers whose peripheral numbers suggest they are better than their less-than-spectacular ERAs. But given those years of control, their price will be high.

TORSTAR NEWS SERVICE

+ RESUMÉ

Anthopoulos has drafted well and rebuilt an ailing farm system. Measured minds may view his legacy in that light, but chances are most will judge him on what he pulls off — or doesn't — in the next few days.

RECIPE Grilled Chicken with Peach and Bell Pepper Salsa



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



Ripe peaches are a delicacy this time of year. You can also use nectarines or plums.

Serves 4

Ready in

Prep time: 10 minutes

Cook time: 12 minutes

Ingredients

- 1 1/2 lb boneless chicken breasts
- 1 cup finely diced peeled ripe peaches
- 1/3 cup finely diced red bell pepper
- 1/4 cup finely diced red onion
- 2 Tbsp orange juice
- 2 tsp olive oil
- 1 tsp honey (or to taste)
- 2 Tbsp chopped cilantro

Directions

1. If you have time, marinate the chicken breasts for at least one hour.

2. Grill the chicken on medium heat, just until cooked or temperature reaches 165 F, approximately eight to 12 minutes.

3. In a bowl, combine remaining ingredients except for cilantro. Add to skillet and cook for one minute or just until warm. Add cilantro and spoon over chicken.

Nutrition per serving

- Calories 262
- Protein 39.4 g
- Carbohydrates 13 g
- Fibre 0.6 g
- Total fat 4.7 g
- Saturated fat 0.6 g
- Cholesterol 99 mg
- Sodium 211 mg

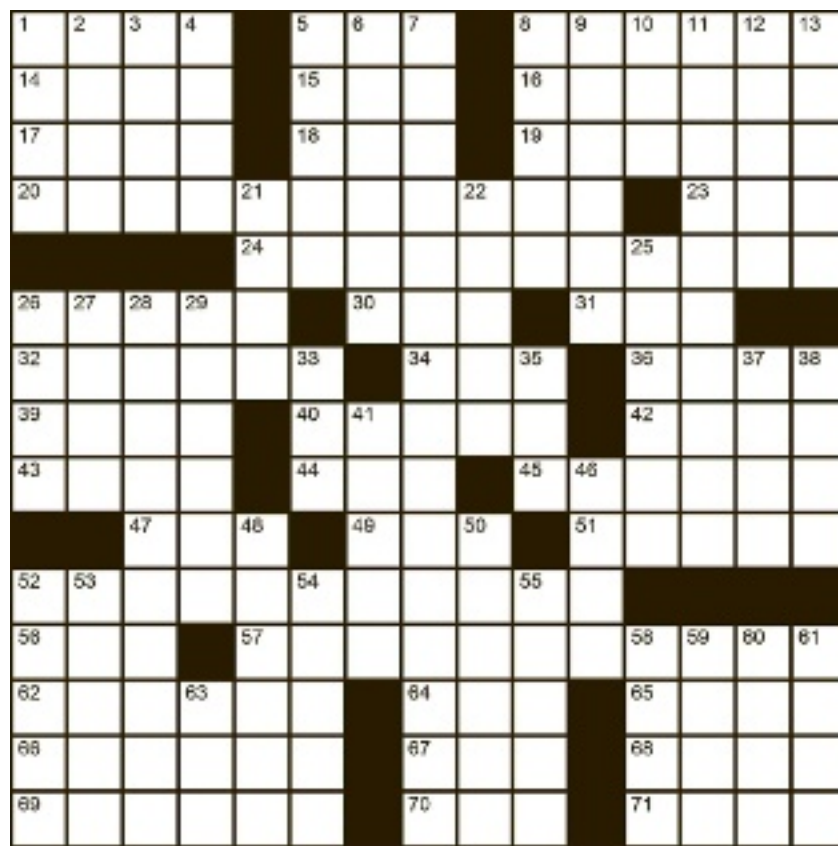
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Pickle holders
- Wee washroom
- Was an appreciative restaurant customer
- Double-reed woodwind
- Earlier, poetically
- Southern Manitoba town
- Criticize
- Tread the boards
- Chef, when making everything on the dish look nice before the waiter takes it, say
- Northern and Southern on the globe
- Ms. Adams
- Fly extinct reptile fly!
- Paul McCartney's nickname
- Chest bone
- "_hoo!"
- Roman Myth: Dawn goddess
- Modern
- Glasgow's country [abbr.]
- Eminem song
- Successful song
- Bible pronoun
- Goblins
- That lady
- Laundry challenges
- Greyhound vehicle
- Group of Seven painter Mr. Jackson, et al.
- Talk show legend
- Ms. Winfrey's biblical



name as it appeared on her birth certificate
52. Hollowed-bear-bone healing aid used by shamans of the Tsimshian people in British Columbia: 2 wds.
56. NFL teams division, e.g.

57. Shakespearean comedy: 4 wds.
62. Alarm clock responders
64. Way to travel [abbr.]
65. King Atahualpa, for one
66. Pot holder
67. Certain canine

68. Arf!
69. Groups of eight
70. Operative
71. "Say it _ so!"

DOWN

1. Mr. Brolin
2. Fit to partake
3. Rove
4. _-sweet choc-

olate
5. Jumped
6. Robin Hood, for one
7. Former military branch... RCAVC = Royal Canadian Army _
8. Recorded
9. "My sentiments

exactly": 2 wds.
10. Harper Valley gr.
11. One-of-some in a bag of Canadian snack brand Miss Vickie's: 2 wds.
12. Foe
13. Ms. Hannah
21. Box
22. Court garbs
25. Movie's billing sharer
26. Long-running military comedy
27. Highway honker
28. k-os hit, Juno-winner for Single of the Year in 2005
29. Sort of diplomat
33. Cigar residue
35. Canadian actress Sandra's
37. Charlie Chaplin's last wife
38. 1975 ZZ Top song
41. Like a craved-for acting role
46. Ms. Spelling
48. Frightened
50. Black Eyed Peas hit: 2 wds.
52. _ _ it (Carried out a task)
53. Joan's two-word-ed following
54. Li'l helpers
55. Lyrical lament
58. Fuzzy fruit
59. Rock producer Brian's
60. Desktop graphic
61. William H. _ (27th US President)
63. Sister of Zsa Zsa

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you enjoy being the boss then you'll get every opportunity to show off your leadership skills. But remember that being the boss is about more than just giving orders.

Taurus April 21 - May 21
The one thing you most want to avoid is the thing you must face up to today. Something that has been causing you a great deal of worry can now be dealt with but it will take a lot of courage on your part.

Gemini May 22 - June 21
Friends will go out of their way to help so don't just sit there like everything is fine. No matter how independent-minded you are, you still need a helping hand now and again.

Cancer June 22 - July 23
If you need to persuade someone to give you something you will no doubt be successful today. But they will give even more if you wait until Friday's full moon.

Leo July 24 - Aug. 23
So many things are going right now that you are beginning to believe a breakthrough is possible. It is. Keep dreaming about a brighter future. It won't be a dream for longer.

Virgo Aug. 24 - Sept. 23
You may find it difficult to make up your mind today. Your problem is that you are worrying about things that will probably never happen. Lighten up a bit - life is supposed to be enjoyed.

Libra Sept. 24 - Oct. 23
Not only are you in tune with the spirit of the times but you believe you have found your special place and role in the world. It's good to feel you are doing something worthwhile. It's good to make a difference.

Scorpio Oct. 24 - Nov. 22
You need to find the courage to make a difficult decision. Keep reminding yourself that change is not something to be avoided.

Sagittarius Nov. 23 - Dec. 21
Approach the day in a positive frame of mind and you'll accomplish a lot. Approach the day with negativity and you'll accomplish the same amount but you won't get much joy from it.

Capricorn Dec. 22 - Jan. 20
If your instincts tell you you're on the right track then you must trust them. Let them guide you and the next few days will be a lot of fun.

Aquarius Jan. 21 - Feb. 19
Certain people may not deserve your support but you will give it anyway. Later in the week, when the moon is full in your sign, it is you who will need assistance. Think of good deeds as an investment.

Pisces Feb. 20 - March 20
You must spend some time planning what you are going to do. It will enable you to get twice as much done as you would have had you rushed in and hoped for the best.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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